

# Regional Comprehensive Land Use and Transportation Policies

Communities Putting Prevention to Work is a program of the County of San Diego Health and Human Services Agency funded by the federal Centers for Disease Control and Prevention through the American Recovery and Reinvestment Act from March 19, 2010 to March 18, 2012. The goal of the grant is to reduce chronic disease through policy, environmental, and organizational changes that target three focus areas: healthy physical activity, healthy nutrition, and healthy school environments.

**Focus Area:** Healthy Physical Activity

**Background:** Current research indicates that the way we build our communities affects our health. Health-related policies that address land use and transportation at the regional level can provide the framework to building healthy communities at the local level.

**Outcome:**

- Adopt public health policy that supports access to active transportation and public transportation.
- Adopt a minimum of two public health performance measures into Metropolitan Planning Organization regional planning documents.

**Deliverables:**

- Develop a policy framework for integrating public health goals into the 2050 Regional Transportation Plan and the Regional Comprehensive Plan for the San Diego region.
- Develop performance measures to monitor progress toward meeting public health objectives.

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